

# Slow & Steady

Count: 48

Wall: 2

Level: Improver

Choreographer: Madeleine Jones (UK) - January 2010

Music: Slow and Steady - Jason Mitchell : (CD Single)



## 56 Count Intro Start on the word "LOVE"

### Cross rock recover, Side, Hold, Cross rock recover, Turn ¼., Hold.

- 1-2-3-4 Cross rock right over left, Recover back on left, Step right to right side, Hold.  
5-6-7-8 Cross rock left over right, Recover back on right, step forward on left turning ¼ left, Hold.

### Mambo forward, Hold, Sweep behind side cross, Hold.

- 1-2-3-4 Rock forward right, Recover on left, Step back on right, Hold.  
5-6-7-8 Sweep left foot around behind right, Step right to right side, Step left across right, Hold.

### Step, Turn ¼ left, Cross, Hold, Sway hips left right left, Hold.

- 1-2-3-4 Step forward on right, Pivot ¼ left on left, Step right across left, Hold.  
5-6-7-8 Step left swaying hips left, Sway hips right, Sway hips left, Hold.

### Mambo back, Hold, Step turn ½ right, Hold.

- 1-2-3-4 Rock back on right, Recover on left, Step right foot forward, Hold.  
5-6-7-8 Step left foot forward, Pivot ½ turn right, Step forward left, Hold.

### Run right left right Hold, Forward rock recover, Hold.

- 1-2-3-4 Step forward right, Step forward left, Step forward Right, Hold.  
5-6-7-8 Step forward on left, Recover weight on right, Step forward on left turning ½ left, Hold.  
(Steps 1-2 can be replaced with a full turn left).

### Two ½ turns left, Hold, Cross rock recover side, Hold.

- 1-2-3-4 Step back on right foot making ½ turn left, Step forward on left turning ½ left, Step forward right, Hold.  
5-6-7-8 Cross rock left foot over right, Recover weight on right, Step left to left side, Hold.  
(Easy option for steps 1-2 Walk left, right instead of doing full turn).

Start again, enjoy.

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